

SECTION A: Multiple-choice questions**Specific instructions to students**

- A correct answer scores 1 mark, and an incorrect answer scores 0.
- Marks are not deducted for incorrect answers.
- No marks are given if more than one letter is shaded in the answer box.
- Choose the alternative that is **most correct** or that **best answers** the question and mark your choice on the multiple-choice answer section as shown in the example below.

1 ☐ A ☐ B ☐ C ☐**USE PENCIL ONLY**

- Use pencil only.

AREA OF STUDY 1: Learning**Questions 1 and 2 refer to the following scenario.**

Phobias can be treated using a variety of techniques. Two methods that use the principles of classical conditioning are graduated exposure and flooding.

QUESTION 1

Why does graduated exposure have to happen over time and cannot be used to treat phobias instantly?

- A so that an association can be formed between two responses
- B so that an association can be formed between two stimuli
- C so that the consequences for the actions can be learned
- D because patients have to be at least 18 years old; this can take time if they are young

QUESTION 2

The technique of 'flooding' in the treatment of phobias involves

- A repeatedly associating a negative stimulus with the phobia.
- B repeatedly associating a positive stimulus with the phobia.
- C exposing the individual to the feared stimulus.
- D all of the above.

QUESTION 3

Which type of learning is based on the assumption that behaviour that has desirable consequences will be repeated?

- A operant conditioning
- B classical conditioning
- C one-trial learning
- D learning set

Questions 4 and 5 refer to the following scenario.

Miss Raynes works at a daycare centre and is in charge of six children. She tells them that she will check on them every five minutes and, if they are sitting quietly, they will get a gold star.

QUESTION 4

The children are on a _____ schedule of reinforcement.

- A fixed ratio
- B variable ratio
- C fixed interval
- D variable interval

QUESTION 5

If we were to monitor the children's behaviour with a video camera while on this schedule of reinforcement, what would be the most likely outcome?

- A The children would behave all the time Miss Raynes was out of the room so they could get a star.
- B The children would misbehave all the time and would earn no stars.
- C The children would misbehave straight after getting a star and start behaving again when the 5-minute mark was approaching.
- D The children would behave straight after getting a star and start misbehaving again when the 5-minute mark was approaching.

QUESTION 6

In classical conditioning, when the conditioned response is not produced to any stimuli other than the original stimulus this is known as

- A spontaneous recovery.
- B acquisition.
- C stimulus generalisation.
- D stimulus discrimination.

QUESTION 7

One difference between classical conditioning and one-trial learning is that in classical conditioning extinction

- A is more likely to occur.
- B is less likely to occur.
- C never occurs.
- D always occurs.

QUESTION 8

Which of the following is **not** an element involved in observational learning?

- A attention
- B retention
- C reproduction
- D perception

QUESTION 9

Which of the following is **not** a stage involved in insight learning?

- A preparation
- B attention
- C verification
- D incubation

AREA OF STUDY 2: Mental health

QUESTION 10

Which of the following would be considered abnormal according to the functional approach of normality?

- A a boy wearing shorts to his school formal
- B a 20-year-old who is four feet tall
- C a 30-year-old unable to hold a stable job
- D a woman with six toes

QUESTION 11

What sort of approach does the DSM-IV take to classifying mental illness?

- A graded
- B dimensional
- C categorical
- D transitional

QUESTION 12

The 'fight-flight' response involves activation of the _____ nervous system.

- A parasympathetic nervous system
- B somatic nervous system
- C voluntary nervous system
- D sympathetic nervous system

QUESTION 13

Just before he races, Indra gets butterflies in his stomach. He reports feeling anxious and stressed before a big race. This is most likely an example of

- A eustress.
- B distress.
- C chronic stress.
- D an anxiety disorder.

QUESTION 14


According to the General Adaptation Syndrome, on first contact with a stressor, the body's resistance to stress falls below its normal level and then rises above its normal level of resistance due to arousal of the sympathetic nervous system. This stage of the general adaptation syndrome is known as

- A countershock.
- B exhaustion.
- C alarm reaction.
- D resistance.

QUESTION 15

In which order do the stages of the general adaptation syndrome typically occur?

- A countershock, shock, exhaustion
- B shock, exhaustion, resistance
- C alarm reaction, resistance, exhaustion
- D resistance, shock, exhaustion

ONE ANSWER PER LINE					USE PENCIL ONLY 				
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QUESTION 16

The data obtained through participant self reports, such as in reporting on the experience of stress, is most likely measured through


- A qualitative data.
- B quantitative data.
- C qualified data.
- D objective data.

QUESTION 17

Which of the following is **not** a purpose of debriefing when conducting psychological research?

- A to help alleviate any psychological harm
- B to allow participants to obtain information about their individual results
- C to enable researchers to meet their participants and to decide whether to use their results or not
- D to allow participants to be informed about the purpose of the research

ONE ANSWER PER LINE

USE PENCIL ONLY 

16 ☒ A ☐ B ☐ C ☐ D

17 ☐ A ☐ B ☒ C ☐ D

SECTION B: Short answer questions

Specific instructions to students

- Answer all questions in the spaces provided.

AREA OF STUDY 1: Learning

QUESTION 1

Name and explain one behaviour that is not dependent on learning.

Answer:

A reflex action is a naturally occurring simple response to environmental stimuli. OR A fixed action pattern is a complex series of naturally occurring behaviours that are elicited by every member of a species to specific environmental stimuli.
OR Maturation relies on an orderly sequence of behaviours that occur due to nervous system function.

2 marks

QUESTION 2

Skinner taught pigeons through operant conditioning to peck at a switch mounted on a wall when a green light was shown. Discuss how these pigeons could have demonstrated stimulus generalisation and stimulus discrimination.

Answer:

Stimulus generalisation:

The pigeons also may have pecked when a blue light was shown.

Stimulus discrimination:

The pigeons may have pecked only for the green light and no other light colours.

2 marks

QUESTION 3

Explain one important factor in establishing a token economy when exchanging tokens for a reward.

Answer:

The people using the token economy must know how many tokens are needed for an exchange to occur OR the reward must be something that is desirable.

1 mark

QUESTION 4

- a In Thorndike's work on trial-and-error learning, what did the cat do when first placed in the box?

Answer:

The cat tried random behaviours to try to escape from the box.

- b How did the cat's behaviour change when it was placed in the box on subsequent trials?

Answer:

The cat made fewer errors OR took less time to escape from the box when placed in there on subsequent trials.

1 + 1 = 2 marks

QUESTION 5

- a What sort of learning was Albert Bandura known for investigating?

Answer:

Observational learning.

- b Define this type of learning.

Answer:

Observational learning involves actively watching a model and their actions and consequences to guide future behaviour.

- c In Bandura's work investigating the influence of the type of model on aggressive behaviour, what was a possible hypothesis that was investigated?

Answer:

It was hypothesised that children who watch a live model act aggressively will display a higher average number of aggressive acts than children who watch a cartoon model act aggressively.

1 + 1 + 2 = 4 marks

QUESTION 6

- a What was the aim of Watson and Rayner's study involving Little Albert?

Answer:

The aim of the experiment was to condition a fear response using classical conditioning.

- b Explain what was involved in the experiment that was conducted on Little Albert.

Answer:

Little Albert previously showed no response to the white rat, but after the rat was repeatedly paired with a loud noise from a gong, Little Albert began to show the fear response to the rat.

1 + 2 = 3 marks

AREA OF STUDY 2: Mental health

QUESTION 7

Tick the boxes below to determine from which perspective the following people would be considered abnormal.

	Medical approach	Historical approach	Situational approach
Conjoined twins	✓		
A woman feeling she has no right to work		✓	
A man suffering from depression	✓		
A student wearing bathers to free-dress day			✓

4 marks

QUESTION 8

Explain two uses of the ICD-10 for medical professionals.

Answer:

Any two of the following: for classifying/diagnosing mental health problems; for classifying/diagnosing physical problems; to monitor the prevalence of particular health problems; to allow compilation of mortality and morbidity rates.

2 marks

QUESTION 9

Since the death of his wife last year, Terry has had difficulty sleeping. He is drinking a lot of coffee to help keep him awake during the day, but he is lethargic and unmotivated. He decides to take a holiday to refocus but finds it difficult to watch other couples together. He is eventually diagnosed with depression. Discuss how each of the following factors (biological, psychological and social) may have contributed to his mental illness.

Answer:

Biological factors

Terry's lack of sleep and consumption of large amounts of caffeine may have impacted on his physical health and thus contributed to his mental illness.

Psychological factors

Terry feeling sad and emotional after the loss of his wife may have contributed to his mental illness.

Social factors

Having lost a huge part of his social support network by losing his wife and feeling isolated while on holiday may have contributed to his mental illness.

3 marks

QUESTION 10

Matt's mother tells him that he should find a way to relieve the stress that he suffers as a result of his hectic work schedule. Name two physiological effects that Matt may experience if he does suffer prolonged stress.

Answer:

List any two of the following: stomach ulcers; heart palpitations; skin rashes; fatigue; colds and flu; headaches; immune system weakening.

2 marks

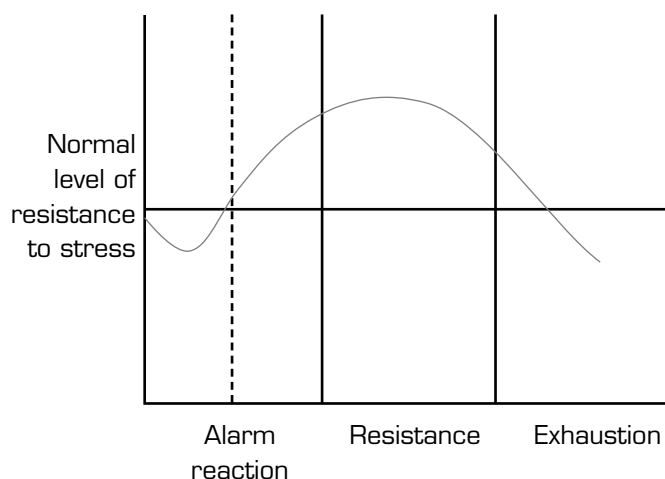
QUESTION 11

- a Explain what the graph of the general adaptation syndrome demonstrates.

Answer:

How the body's level of resistance to stress changes over time when confronted with prolonged stress.

- b Plot the curve on the axes provided below.



1 + 2 = 3 marks